

LOVE & SURVIVAL

THE SCIENTIFIC BASIS FOR THE
HEALING POWER OF INTIMACY



DEAN ORNISH, M.D.

Love Survival The Scientific Basis For The Healing Power Of Intimacy

Dean Ornish



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Love and Survival Dean Ornish, 2011-11-15 The Medical Basis for the Healing Power of Intimacy We all know that intimacy improves the quality of our lives Yet most people don't realize how much it can increase the quality of our lives our survival In this New York Timesworld renowned physician Dean Ornish M D writes I am not aware of any other factor in medicine that has a greater impact on our survival than the healing power of love and intimacy Not diet not smoking not exercise not stress not genetics not drugs not surgery He reveals that the real epidemic in modern culture is not only physical heart disease but also what he calls spiritual heart disease loneliness isolation alienation and depression He shows how the very defenses that we think protect us from emotional pain are often the same ones that actually heighten our pain and threaten our survival Dr Ornish outlines eight pathways to intimacy and healing that have made a profound difference in his life and in the life of millions of others in turning sadness into happiness suffering into joy Love & Survival Dean Ornish, 1999

Love and Survival Dean Ornish, 2016-05-10 The Medical Basis for the Healing Power of Intimacy We all know that intimacy improves the quality of our lives Yet most people don't realize how much it can increase the quality of our lives our survival In this New York Timesworld renowned physician Dean Ornish M D writes I am not aware of any other factor in medicine that has a greater impact on our survival than the healing power of love and intimacy Not diet not smoking not exercise not stress not genetics not drugs not surgery He reveals that the real epidemic in modern culture is not only physical heart disease but also what he calls spiritual heart disease loneliness isolation alienation and depression He shows how the very defenses that we think protect us from emotional pain are often the same ones that actually heighten our pain and threaten our survival Dr Ornish outlines eight pathways to intimacy and healing that have made a profound difference in his life and in the life of millions of others in turning sadness into happiness suffering into joy **Love and Survival** Dean Ornish, 2001 Dr Dean Ornish transformed the treatment of heart disease when he proved that it could be reversed through diet and exercise In this book he shows that the real epidemic is an emotional and spiritual heart disease the profound sense of loneliness isolation alienation and depression in our society and the most powerful factor in the healing process are feelings of love connectedness and spiritual transformation He proves that the healing power of love and intimacy is more important than any other factor in medicine not diet smoking exercise stress genetics drugs or surgery have a greater impact on our quality of life incidence of illness and premature death from all causes Dr Ornish writes both from his clinical research and from his own struggles for intimacy and communication sharing the techniques and strategies he has found effective in his personal life **Building Intimate Relationships** Rita DeMaria, Mo Therese Hannah, 2013-08-21 The PAIRS course acts as a kind of bridge between marriage education and therapy working both with couples in healthy relationships hoping to improve intimacy and with distressed couples trying to save their marriages Building Intimate Relationships is an edited work with contributions from the creator of the PAIRS program and the most experienced PAIRS leaders It describes the

elements of the PAIRS course and discusses the application of the theories and techniques taught in the PAIRS program Chapters include discussions on intimacy communication conflict resolution emotional literacy sensuality and sexuality spirituality and gender issues **A Life in Balance** Kathleen Hall, 2006 Nautilus Book Awards Winners for 2007 category Self Help Psychology Personal Growth Like many people Kathleen Hall found that despite great success and material wealth she had yet to identify purpose meaning and balance in her work and her life She left her Wall Street firm and devoted herself to understanding the relationships between mind body and spirit and between professional and personal fulfillment Since then she has studied with great spiritual leaders including the Dalai Lama Bishop Desmond Tutu and the exiled Vietnamese monk Thich Nhat Hanh She has also learned from medical experts like Dr Dean Ornish of the Preventive Medicine Research Institute and Dr Herbert Benson at the Harvard Mind Body Institute Inspired by those diverse influences Dr Hall has written *A Life in Balance* a guided journey to joy peace and an intentional life grounded in the four roots of the SELF Serenity Find what brings us peace and channel it into everything we do Exercise Align the body with energy and health through walking yoga martial arts and more Love Build community and relationships that heal others as well as ourselves Food Pay attention not just to what we eat but to what we experience through all our senses Our lives pull us in many different directions to find happiness we must first create balance Filled with wit wisdom and compassion *A Life in Balance* will help any reader identify and stay true to his or her authentic self **Deepening Community** Paul Born, 2014-03-10 Community shapes our identity quenches our thirst for belonging and bolsters our physical mental emotional and economic health But in the chaos of modern life community ties have become unraveled leaving many feeling afraid or alone in the crowd grasping at shallow substitutes for true community In this thoughtful and moving book Paul Born describes the four pillars of deep community sharing our stories taking the time to enjoy one another taking care of one another and working together for a better world To show the role each of these plays he shares his own stories as a child of refugees and as a longtime community activist It s up to us to create community Born shows that the opportunity is right in front of us if we have the courage and conviction to pursue it *Therapeutic Mastery* Charles H. Kramer, 2000 Divided into five sections *The Therapist in Action The Therapist as Human Being Developing Creatively Revealing our Selves and Leadership Beyond Problem Solving* this inspiring new text explores the crucial but underexplored topic of the ongoing development of the self of the therapist for the sake of both client and clinician **Thriving Soup** Heidi Bright, 2016-01-20 Cancer patients seeking to integrate meaningful spirituality with practical healing solutions can now feast on a comprehensive blend of self care options This book provides a variety of holistic strategies for cushioning chemotherapy and softening surgery while empowering readers to grow in consciousness Each of more than 250 topics begins with an inspirational quote from one of the world s wisdom traditions offers a story to foster self care and personal transformation and concludes with a useful tip With passion authenticity and a dash of humor this book courageously addresses medical

topics such as Finding Chemo Hair Pieces Turbanator and Recovery Master the Possibilities Holistic care entries include Nutrient Density Thriver Soup Shadow Work Dark Night Rises and Field of Dreams Explore these restorative ingredients to enhance your nutritional choices stimulate your creative juices foster your personal powers to transform mentally and emotionally and deepen your connection with others and the Divine **The Cure Within** Anne Harrington,2009-02-16 A splendid history of mind body medicine a book that desperately needed to be written Jerome Groopman New York Times Is stress a deadly disease on the rise in modern society Can mind body practices from the East help us become well When it comes to healing we believe we must look beyond doctors and drugs we must look within ourselves Faith relationships and attitude matter But why do we believe such things From psychoanalysis to the placebo effect to meditation this vibrant cultural history describes mind body healing as rooted in a patchwork of stories allowing us to make new sense of our suffering and to rationalize new treatments and lifestyles **Surgery and Its Alternatives** Sandra A. McLanahan,David J. McLanahan,2002 Provides a discussion of both surgical and alternative approaches to an array of medical issues revealing the pros and cons of various anesthetic and surgical options and describing more than two hundred procedures **Theatre and the Good** Mark Fearnow,2007 Theatre and the Good examines the roots of theater from an anthropological perspective as well as theaters capacity for liberation using models of theater in prison dramatherapy and a spiritual opening felt by many The book argues that the ancient needs for which theater has arisen are still relevant and that theater is a much needed and effective pathway to meaning Performing Arts Loveability Robert Holden, Ph.D.,2014-06-02 Love is your destiny It is the purpose of your life It is the key to your happiness and to the evolution of the world Loveability is a meditation on love It addresses the most important thing you will ever learn All the happiness health and abundance you experience in life comes from your ability to love and be loved This ability is innate not acquired Robert Holden is the creator of a unique program on love called Loveability which he teaches worldwide He has helped thousands of people to transform their experience of love Love is the real work of your life says Robert As you release the blocks to love you flourish even more in your relationships work and life In Loveability Robert weaves a beautiful mix of timeless principles and helpful practices about the nature of true love With great intimacy and warmth he shares stories conversations meditations and poetry that have inspired him in his personal inquiry on love Key themes include Your destiny is not just to find love it is to be the most loving person you can be Self love is how you are meant to feel about yourself It is the key to loving others When you think something is missing in a relationship it is probably you Forgiveness helps you to see that love has never hurt you it is only your misperceptions of love that hurt The greatest influence you can have in any situation is to be the presence of love *Interpersonal Communication* Michelle Burch,2004-08-31 **Parenting for Peace** Marcy Axness,2012-01-30 If we really want to change the world let s raise a generation hardwired for peace and innovation Marcy Axness details a unique seven step seven principle matrix for helping children achieve self regulation self reflection trust and empathy These

qualities are the result of dynamic interactions between genetics and environment beginning before the child is even born foundations for this level of health begin forming during the prenatal period and some aspects of optimal development are influenced as early as conception

The Emotional Revolution Norman E. Rosenthal, 2003 Feel Better Live Better Scientific discoveries are unlocking the mysteries of our emotional lives Every week brings us new information on the environmental hormonal genetic and chemical factors that affect our feelings and an ever expanding repertoire of methods to manage specific emotional conditions But how can we apply this cutting edge research to our own lives In *The Emotional Revolution* Norman E Rosenthal psychiatrist researcher and specialist in the fields of psychopharmacology and psychobiology offers a comprehensive guide to these exciting breakthroughs He explores the latest findings about the body mechanisms that create emotions and why our feelings can sometimes go out of control He also offers simple self help strategies and evaluates dozens of the newest treatments both traditional and alternative that can help with everything from depression and addiction to anxiety and excessive anger Here is fascinating up to the minute information you won't find in any other single resource including Clues to the biological basis of monogamy A new link between depression and heart disease and what this means for the treatment of both conditions How simple patterns of eye movements can help alleviate painful memories How taking a commonly used blood pressure medication can help you cope with trauma How lying in the dark releases a hormone that can alleviate anxiety and craving The surprising health benefits of friendship and religion The deadly dangers of anger The health promoting powers of love The first book to combine scientific research with prescriptive guidelines for the general reader *The Emotional Revolution* is your guide to understanding the complexities of human feelings and improving your life A well researched clearly written and absorbing book Highly recommended for anyone who's ever seen a psychiatrist or who hasn't

Dean Hamer Ph D author of *The Science of Desire* Norman E Rosenthal M D is Clinical Professor of Psychiatry at Georgetown University A practicing psychiatrist Dr Rosenthal has been listed in *The Best Doctors in the U S* For twenty years he was a senior researcher in psychiatry and psychobiology at the National Institute of Mental Health He has appeared on 20/20 CNN National Public Radio *The Today Show* CBS Morning News and Good Morning America Dr Rosenthal lives and practices in Rockville Maryland Visit his Web site at www.normanrosenthal.com

Luminous Life Jacob Israel Liberman, 2018-01-22 Let Light Guide Your Life The most important things in life are our health and happiness Yet most of us are neither healthy nor happy We have been led to believe that if we think ahead and make the right choices we can manifest our dreams Yet despite our best efforts we still have more disease and discontent than ever before Is it possible that our essential ideas about life are flawed We are all aware of the impact of sunlight on a plant's growth and development But few of us realize that a plant actually sees where light is emanating from and positions itself to be in optimal alignment with it This phenomenon however is not just occurring in the plant kingdom humans are also fundamentally directed by light In *Luminous Life* Dr Jacob Israel Liberman integrates scientific research clinical practice and direct experience to demonstrate how the luminous intelligence

we call light effortlessly guides us toward health contentment and a life filled with purpose *Work Stress and Coping in the Era of Globalization* Rabi S. Bhagat,James Segovis,Terry Nelson,2016-04-01 This book examines the phenomena of how individuals experience work stress and coping in both developed and developing countries in the world Rabi Bhagat known for his cross cultural scholarship in this area and his co authors help us recognize the causes and consequences of work stress They present a systematic comprehensive review of this topic with plenty of practical insights and case studies examining work stress and coping in the era of globalization Researchers practitioners and students in the field of industrial organizational psychology organizational behavior and human resources management will find this book of interest **The 7 Best Things Happy Couples Do...plus one** John Friel,Linda D. Friel,2010-01-01 Psychologists and best selling authors John and Linda Friel have written an enormously readable and infinitely practical book that delves into what makes a relationship enduringly successful Wherever readers are in their own relationships this book can improve those relationships dramatically bringing them immediate and lasting benefits In the tradition of their bestseller *The 7 Worst Things Good Parents Do* the authors examine the behaviors that happy effective couples display continually After careful investigation the Friels synthesized years of clinical work into a manageable list of the most significant patterns of behavior couples must address and embrace if they want to become truly great couples Recognizing that other patterns and behaviors certainly do exist when patients come the Friels for help the core issues illustrated in this book are discussed as the couples move boldly toward improving their relationships with consistently outstanding results The authors found that they had not seven but eight key items to identify Here are a few Be Sexual Be Willing To Divorce Manage Your Fear Hurt Shame And Loneliness Own Your Part be responsible for creating a great relationship **My Song: Memoir of an ER Physician** Craig Dean, MD,2014-05-12 Thirty years in the making one hundred thousand patients later the hundred numinous patients I will forever treasure It has been said that memoirs are the narratives of our life and as such become the manner and method of how we make sense out of our life s journey Indeed I could not imagine my life without my career in the ER since without it I would truly feel like a naked wizened skeleton devoid of skin flesh or viscera The ER experience was the alchemist s stone that touched my ordinary life and in so many ways made it exquisitely gilded Many were the patients that stirred the invisible fabric of my soul and made the ordinary universe seem so much more expansive and unequalled The magnificence of the ER flows from the commanding variety of patients not unlike the arresting diversity of flora in the plant kingdom renders a regal awe upon the eyes and souls of the beholder

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